

# March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Goldfish Crackers + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Corn Chips w/ Salsa + 1/2 Cup Veggies	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1/2 Cup Fried Rice + 1/2 Cup Veggies	AM: 1 Package Animal Crackers + 1/2 Cup Fruit PM: 1/2 Cup Yogurt + 1/2 Cup Fruit	AM: 1/2 Cup Fruit + 1/2 Cup Milk PM: 1/2 Ramen + 1/2 Cup Fruit
11	12	13	14	15
AM: 1 Slice Toast + 1/2 Cup Fruit PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Fruit 1/2 Cup Popcorn	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1 Hash brown + 1/2 Cup Fruit	AM: 1 Package Animal Crackers + 1/2 Cup Fruit PM: 1 Cream Cheese Jam Roll + 1/2 Cup Fruit	AM: 1/2 Cup Cereal w/ Milk PM: 1 Bagel w/ Cream Cheese + 1/2 Cup Fruit
18	19	20	21	22
AM: 1/2 Cup Fruit + 1/2 Cup Cereal w/ Milk PM: 1/2 Pasta + 1/2 Cup Veggies	AM: 1 Waffle w/ Syrup + 1/2 Cup Fruit PM: 1 Slice Pita Bread + 1 tablespoon Hummus	AM: 1 Cinnamon Roll + 1/2 Cup Milk PM: 4 Crackers + 1/2 Cup Veggies	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: Crescent Roll with w/ Jam + 1/2 Cup Fruit	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Meridian Mix + 1/2 Cup Veggies
25	26	27	28	29
AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Cereal + 1/2 Cup Milk	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Cheese Crackers + 1/2 Cup Milk	AM: 1 Slice Toast + 1/2 Cup Fruit PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	AM: 1 Cup Cereal Meridian Mix + 1/2 Cup Milk PM: 1 Mini Cheese Pizza + 1/2 Cup Veggies	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1/2 Cup Rice + 1/2 Cup Veggies

**\*Special diet snack available upon request.**



Daily snack is served with water unless noted otherwise.

If your student would like to eat their own snack during extended day please email Sara Chesterfield for the permission form.